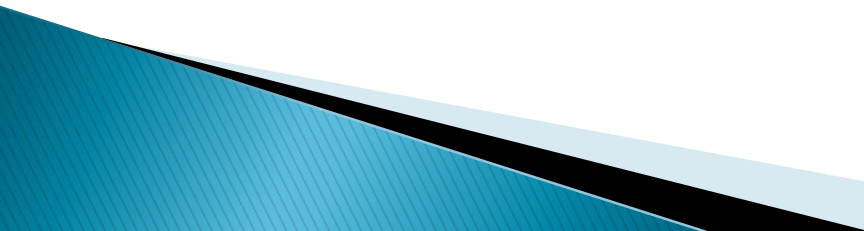


# Positive Trading Psychology

Brett N. Steenbarger, Ph.D.  
[www.traderfeed.blogspot.com](http://www.traderfeed.blogspot.com)  
[brett.steenbarger@gmail.com](mailto:brett.steenbarger@gmail.com)

# Why Emotion Matters

- ▶ **The Role of Focus in Performance**
  - ▶ **The Role of Emotion in Psychological Change**
    - ▶ **Why Relationships Matter: The Value of Community**
    - ▶ **Setting Visions, Not Just Goals**
- 

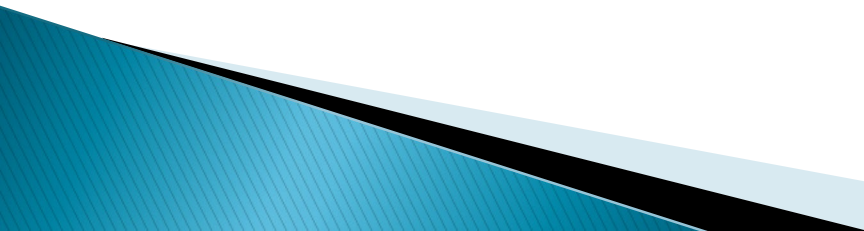
# Why Positive Emotion Matters

- ▶ **Maximizing Well-Being**
  - ▶ **Broaden and Build**
- ▶ **Turning Losing into Learning: Embracing Mistakes and Weaknesses**

# Why Creativity Matters

- ▶ The impact of crowding
  - ▶ Looking at new things
- ▶ Looking at things in new ways
  - ▶ Making time for synthesis

# Lessons From My SMB Experience

- ▶ Trading is a Team Sport: Role of Community
  - ▶ Time Spent in Practice, Review, and Research Should Exceed Time Spent Trading
    - ▶ Make Your Mistakes When You're Small
    - ▶ Find Mentors, But Make Ideas Your Own
      - ▶ Grow By Mentoring Others
- 

# Positive Psychology and Trading

- ▶ **Trading as Multiple Processes: Ideas and Trades**
  - ▶ **Our States Determine What We Process**
  - ▶ **Maximizing Our Focus: Meditation, Hypnosis**
  - ▶ **Cultivating psychological well-being through personal process**
- ▶ **Q&A/Discussion**